

# Promising Practices for Creating Healthy Food Shelves



Minneapolis Healthy Food Shelf Network  
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# Promising Practices

1. Build a healthy inventory
2. Communicate proactively
3. Make healthy foods visible and appealing
4. Increase client awareness and demand
5. **Adopt a nutrition-focused philosophy**





# Promising Practice #5

Adopt a nutrition-focused philosophy

# Recommended Action Steps

- **Set clear nutrition standards** for food purchases and donations.
- **Document your commitment** to healthy foods by creating a **written** nutrition policy.
- **Generate excitement and buy-in** by involving staff, volunteers, and clients in nutrition policy development.
- **Provide stakeholder orientation** to the new policy once formally adopted.



# Available Resources

- Healthy foods policy workshop materials, toolkit, and sample policies:  
(<http://www.minneapolismn.gov/health/living/WCMS1P-128071>)
- MHD assistance to help with brainstorming and creating a draft policy



# Promising Practice #5 in Action

Open Arms of Minnesota

Little Kitchen food shelf

North Point food shelf



# Taking Action

How are/can you adopt a nutrition-focused philosophy?

